

Caring for Your Health

A Missouri Women's Handbook



Office on Women's Health

MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES



Missouri Women's Health Handbook

Your Name _____

Your Address _____

Your Home Phone _____ Your Work Phone _____

Emergency Phone Numbers:

Local Police _____ Local Fire Department: _____

Ambulance/Paramedics _____

Nearest Relative _____

Neighbor/Friend _____



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Help Yourself to Better Health!

Did you know that your health is affected by what you do or don't do every day? Eating nutritious foods and keeping your body physically active can lead to better health. Choosing not to use tobacco can reduce your risk for heart disease, several kinds of cancer, and many other diseases. Limiting your alcohol use can reduce your risk for accidents and certain illnesses. Cutting down on foods high in fats may help to reduce your risk for heart disease and diabetes. Getting regular health check-ups is important, too. (See the chart on pages 34-45 of this Handbook to find out what check-ups you need.) Even if you already have some health problems, you may be able to keep those problems from getting worse.

This Women's Health Handbook has suggestions to help you to be as healthy as you can be. There are ideas about preventing health problems, working as a partner with your health-care provider, and finding the health information you need.

Each section of the Handbook deals with a health issue, and includes tips on how you can be your healthiest. Each section also has some questions you can ask your health-care provider about each issue, and some suggestions for finding additional information about the issue. The information resources listed include toll-free telephone numbers and state office telephone numbers. The state office numbers have the 573 area code, and those offices are open only on weekdays from 8:00 am to 5:00 pm. In many cases, Internet addresses are listed in this Handbook. If you do not have access to the Internet, many public libraries have computers with some Internet access. Of course, you should always consider asking your own health-care provider for information about any of these issues.




You will notice, as you read this Handbook, that the phrase "health-care provider" is used instead of "doctor." That is because there are many different kinds of professionals who provide health care and guidance — physicians, nurses and nurse practitioners, and others — and you have the right to choose the kind of professional you want to be your health-care provider.

Please Note: This Handbook does not contain medical advice. To get the information that is best for you, you must talk with your health-care provider.



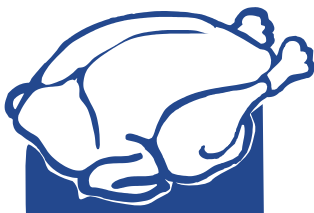
Staying Well

Review these common-sense tips for staying well by avoiding infectious (contagious) diseases.

1. Wash your hands! The single, most effective way to prevent the spread of bacteria and viruses that cause “colds,” influenza (flu), and other contagious diseases is by washing your hands.
 - Wash your hands before and after you prepare or eat food, before and after you tend to someone who is sick, before you put in or take out your contact lenses, and before you do any activity where you put your fingers in or near your mouth or eyes.
 - Wash your hands after you go to the bathroom, before and after you handle uncooked foods (especially raw meat), after you blow your nose or cough or sneeze, after you change a diaper, after you handle garbage, and after you play with or touch a pet.
2. Stay up-to-date on immunizations! Women never outgrow their need to get immunizations to protect against contagious diseases. The National Immunization Program recommends that women should talk with their health-care providers about getting the following immunizations:
 - Tetanus-Diphtheria vaccine
 - Influenza vaccine (ages 50 and older)
 - Pneumococcal vaccine (age 65 and older)
 - Hepatitis B vaccine (adults at risk)
 - Measles-Mumps-Rubella (MMR) vaccine
 - Varicella (chicken pox)
3. Handle food safely! Safe food handling is important for

staying well — whether you are the cook or enjoying the meal. Here are some tips from the Federal Consumer Information Center for safe food handling:

- Wash hands with hot soapy water often, and wash cutting boards, counter tops, dishes and utensils with hot soapy water after preparing each food item.
- Wash your hands and all dishes, utensils, and surfaces after raw meat has touched them — before you let any other food touch them!
- Cook all foods to proper temperatures. (Cook roasts and steaks to at least 145 degrees Fahrenheit. Cook ground beef to 160 degrees F. Cook whole poultry to 180 degrees F. Cook eggs until the yolk and white are firm. Heat leftovers to at least 165 degrees F, and bring sauces, gravies, and soups to a boil when reheating.
- Refrigerate or freeze foods that can spoil if not kept cool, prepared foods, and leftovers right away — within two hours or sooner. Also, make sure the temperature in your refrigerator is no higher than 40 degrees F and in the freezer no higher than 0 degrees F. Thaw frozen foods in the microwave, in the refrigerator, or under cold running water. Never thaw food on a kitchen counter at room temperature.



Informational Resources on Hand Washing, Immunizations, and Safe Food Handling

- CDC, National Immunization Program: www.cdc.gov/nip
- Immunization Action Coalition: www.immunize.org
- Missouri Department of Health and Senior Services Immunization Information: www.health.state.mo.us/Immunizations/index.html
- Federal Consumer Information Center Safe Food Handling Tips: www.pueblo.gsa.gov
- American Society for Microbiology Test Your Hand Washing Know-How: www.microbe.org/washup/Wash_Up.asp



Healthy Eating

“Healthy eating,” or “good nutrition” means feeding your body the right amount of vitamins and minerals to meet its needs — no more or less. Good nutrition can help prevent long-lasting diseases such as heart disease, diabetes, and osteoporosis. Healthy eating also can prevent digestive problems and reduce your risk of some cancers. Here are some tips about nutrition:

- Water is an important part of your diet. There are different recommendations for how much water to drink each day. It is useful to carry a water bottle with you every day so you can drink it whenever you think of it. Remember, fruit juice and milk count, too.
- Every day, eat the following kinds and amounts of food:

Grains, bread, pasta	6 to 9 servings
Vegetables	3 to 4 servings
Fruits	2 to 3 servings
Milk, cheese, yogurt and other dairy products	2 to 3 servings
Protein (beans, legumes, meats and nuts)	2 to 3 servings

(Source: Dietary Guidelines)

- For information on serving sizes, please contact the American Dietetic Association (1-800-366-1655) or go to www.health.gov/dietaryguidelines.
- Limit the amount of fried and fatty foods you eat. You can choose fat-free or low-fat dairy foods and broiled meats and fish. The “Nutrition Facts” label on food containers tells you the amount of fat in the food.
- Limit your intake of drinks that contain caffeine (some soft drinks, coffee, tea).
- Get calcium in your diet from milk and dairy products and other sources such as dark, leafy green vegetables. Calcium can help your bones grow and stay healthy. Try to get the following suggested amounts of calcium, each day:

- If you are between 19-50 years, then you need 1,000 mg a day.
 - If you are over 50 years, then you need 1,200 mg a day.
- (Source: Food and Nutrition Board of the National Academy of Sciences)

- If you have trouble digesting milk, try lactose-free milk and cheese.
- Eat a variety of foods, especially fruits and vegetables. The more colorful the fruit or vegetable salad, the more appealing it will be!
- Because of your period, you need to get lots of iron into your diet. Foods with iron include lean meats, spinach, cooked dried beans, and enriched and whole-grain breads and cereals.
- All women of childbearing age who are capable of becoming pregnant should take 400 micrograms of folic acid daily.
- Talk with your health-care provider before you take diet pills or start on any new diet — even a diet all your friends are on!
- Talk with your health-care provider before you take over-the-counter medications or herbal drugs.
- Eat just what you need — not more. Of course, some women choose to eat too little, and that's not healthy either. For information about eating disorders (eating too much or too little), see the list of Informational Resources on the next page.



Questions to Ask Your Health-Care Provider About Eating

- I would like to know if my eating is healthy. Can you talk with me about that or refer me to a nutritionist?
- How much water should I drink each day?
- Is my weight healthy?
- I don't drink milk. Should I use a calcium supplement?

Informational Resources on Nutrition

- *Missouri Department of Health and Senior Services
Division of Nutritional Health and Services
Phone: 573-526-5520
or www.dhss.state.mo.us/MissouriNutrition – (Links to other resources).*
- *American Dietetic Association: 1-800-366-1655 or www.eatright.org/*
- *Dietary Guidelines: www.health.gov/dietaryguidelines/*
- *Nutrition Services for Women, Infants, & Children:
1-800-835-5465 or www.fns.usda.gov/wic/*
- *Weight-Control Information Network: 1-877-946-4627 or
www.niddk.nih.gov/health/nutrit/win.htm or
www.niddk.nih.gov/health/nutrit/nutrit.htm*
- *Information about eating disorders is available at
www.nationaleatingdisorders.org*
- *Take the “Eating Attitudes Test (EAT-26)” to see if you may
be at risk for an eating disorder.
Go to www.river-centre.org*
- *The Missouri Department of Mental Health has information
about eating disorders on its website at
www.modmh.state.mo.us/cps/facts/cpseat.html*



Healthy Physical Activity

Engaging in regular exercise lowers your risk of developing heart disease, diabetes, and other long-term illnesses. Exercise can lower your blood pressure and help you stay at a healthy body weight. Exercise also can reduce feelings of depression and stress. It can even help to keep you healthy as you get older! Healthy physical activity can help you feel better and have more energy. Here are some tips about physical activity:

- The United States Surgeon General recommends that you get moderate exercise for at least 30 minutes a day on five or more days of the week. These 30 minutes can be broken up into 10- or 15-minute segments throughout the day.
- Plan to reach a target heart rate that is best suited for your age:

Age	Target Heart Rate (Beats/minute)
20	120-160
25	117-156
30	114-152
35	111-148
40	108-144
45	105-140
50	102-136
55	99-132
60	96-128
65	93-124
70	90-120

(Source: American Medical Women's Association)

- Do weight-bearing exercise, such as walking, to help build and keep healthy bones.
- Do strength training, such as weight lifting and calisthenics (exercises for strength training that do not use any machines or weights), to keep muscles strong and strengthen your balance skills
- Take three to five minutes to warm up and stretch before exercising, and cool down and stretch afterwards. Stretching helps to keep your joints flexible.
- Drink plenty of water before, during, and after exercising.

Physical Activity Questions to Ask Your Health-Care Provider

- How much exercise should I get?
- What kind of physical activity is best for me?
- Do I need a check-up or any health tests before I begin an exercise program?

Informational Resources on Physical Activity

- *The federal Centers for Disease Control and Prevention (CDC) has a website with information about nutrition and physical activity. Go to www.cdc.gov/nccdphp/dnpa*
- *Your Local Young Women's Christian Association (YWCA) or YMCA*
- *Your Local Parks and Recreation Department*
- *Shape Up America: www.shapeup.org*
- *Just Move: www.justmove.org*



Chronic Diseases

A chronic disease is a health condition that lasts for a long time. These diseases usually have no cure and the person affected needs constant care. Chronic diseases may get in the way of normal activities. There are three risk factors for most chronic diseases that are in your power to change: 1) smoking, 2) not exercising, and 3) obesity. Here are some tips for avoiding chronic diseases and for staying as healthy as possible if you have one:

To reduce your risk of getting a chronic disease:

- Exercise regularly (3 – 5 times a week)
- Eat a well-balanced diet that is low in fat.
- Get enough calcium.
- Maintain proper weight.
- Don't smoke and don't use other forms of tobacco.

- Seek early diagnosis and treatment by having regular health screenings. See the charts on pages 34-45.

To stay as healthy as possible if you already have a chronic disease:

- Learn and practice self-management (exercise that is right for you, proper diet, learning about your disease and what you can do to help yourself)
- Take recommended medications exactly as you are told.

Questions to Ask Your Health-Care Provider About Chronic Diseases

- Am I at risk for a chronic disease like arthritis, diabetes, heart disease, cancer, or osteoporosis?
- Do I need to have a special screening test done?
- How often should I be checked for a chronic disease?

If you are diagnosed with a chronic disease, ask your health-care provider these questions:

- Should I visit or work with a professional to help me learn how to manage my disease? Should I see someone like a registered dietician, a chronic disease educator, an exercise specialist, or a respiratory therapist?
- What can I do to feel better and prevent future problems from this disease?

Informational Resources on Chronic Diseases

- *Centers for Disease Control's website can link you to specific information on several different chronic diseases - www.cdc.gov*
- *The National Heart, Lung, and Blood Institute can provide both health professional and consumer information on several chronic diseases - www.nhlbi.nih.gov Click on "Site Index."*
- *American Heart Association - www.americanheart.org*
- *American Diabetes Association - www.diabetes.org*
- *National Arthritis Foundation - www.arthritis.org*
- *National Osteoporosis Foundation - www.nof.org*

- *Lupus Foundation of American* - www.lupus.org
- *National Institutes of Arthritis, Musculoskeletal and Skin Diseases* - www.niams.nih.gov/
- *Missouri Regional Arthritis Centers* - www.muhealth.org/~arthritis/ractp.html
- *American Lung Association* - www.lungusa.org

The Department of Health and Senior Services has websites with information for both consumers and health professionals that can also link you to other sites:

- *Missouri Diabetes Control Program* - www.dhss.state.mo.us/diabetes
- *Missouri Cardiovascular Program* - www.dhss.state.mo.us/cardiovascular
- *Missouri Arthritis & Osteoporosis Programs* - www.dhss.state.mo.us/maop
- *Division of Senior Services* - www.dhss.state.mo.us/Senior_Services/index.html



Mental Health

Your mental health affects your physical health. It's important to take time to take care of your mental health, especially to manage stress and depression.

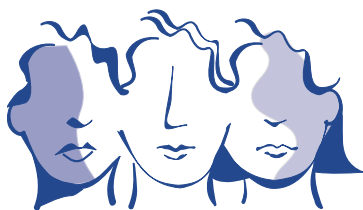
Stress is the way our bodies and minds react to changes in our lives. Everyone feels stressed at one time or another. Stress is a necessary part of life, and it can help your mind and body deal with life's challenges. But too much stress can be harmful and can affect your mental and physical health. Here are some ways to manage and reduce your stress:

- Set small, realistic goals for yourself
- Spend time with family and friends
- Take time out of your busy schedule for yourself
- Eat a healthy diet and get regular physical activity
- Get plenty of sleep—about seven to eight hours each night

Depression (feeling low or sad) is not a sign of weakness. It also is not a normal part of growing older. Depression that lasts more than two or three weeks may be a medical illness, and it can be treated. If you have some of these signs of depression, you can talk to your health-care provider about getting help:

- Slowing down or neglecting daily tasks
- Changes in your ability to remember things
- Irritability
- Loss of sexual desire
- Loss of warm feelings toward family members
- Finding no pleasure in anything
- Loss of self-esteem (feeling worthless)
- Feeling hopeless or desperate
- Sleep disturbances
- Fatigue
- Unexplained headaches or backaches
- Digestive problems
- Nausea

Remember, don't use alcohol, caffeine, tobacco, and other non-prescription mood-altering drugs to make yourself feel better if you are stressed or depressed. These substances really don't help and could hurt! Take any prescribed medications only as directed by your health-care provider. (And never take anyone else's prescription medicine.)



Mental Health Questions to Ask Your Health-Care Provider

- I have been feeling sad and depressed lately. Can you suggest ways to help me feel better?
- Could any of the medicines I'm taking be making me depressed? Here is the list of medicines I am taking.
- What can I do to lower (or better manage) the stress in my life?

- I have a family member who's really depressed and I'm worried they may be thinking about suicide. What do I do?
- I feel I might harm myself or someone else. What should I do?

Mental Health Informational Resources

- *National Institute of Mental Health Information Center:* 1-877-964-3258
- *Missouri Institute of Mental Health:* www.mimh.edu
- *National Institute of Mental Health Publication Order Line:* 1-800-421-4211 or www.nimh.nih.gov/
- *National Foundation for Depressive Illness:* 1-800-248-4344
- *Life Crisis Services, Inc.:* 1-800-SUICIDE
- *American Foundation for Suicide Prevention:* www.afsp.org



Sexual Health

A woman's reproductive system is central to her life and her health, whether she chooses to bear children or not. One of the most important ways a woman can maintain sexual health is to understand and care for her reproductive organs throughout her life. The following sections address some of the most common and important issues related to sexual health.

Breast and Cervical Health

Breast Health. Many women worry about breast cancer. Instead of worrying, you can take care of your breasts. Follow these four steps:

- Ask your health-care provider to show you how to do a breast self-exam, and then do it each month at the same time. (You can mark this important date on your calendar to help you remember.) Getting to know what your breasts feel like will help you tell when there is something your health-care provider should check out.

- Second, be sure that your health-care provider does a clinical breast exam once each year at the same time you have a Pap test (the screening test for cervical cancer).
- Third, have a mammogram (x-ray of your breasts) as recommended. (See the chart on pages 34-35 of this Handbook for that information, or ask your health-care provider.)
- Fourth, if you are thinking of having children, plan to use your breasts for their natural purpose — breastfeed your babies.



Cervical Health. A pelvic examination and Pap test are the screening methods used to detect cancer or infections of the cervix. (The cervix is the opening from the uterus into the vagina.) Problems found early usually can be treated successfully.

- The Pap test is a microscopic examination of cells from the cervix. A normal result on this test shows that the cervix looks healthy. An abnormal result means that something about the cells in the cervix is unusual and another examination may be needed.
- Women should start having regular pelvic exams when they start having vaginal intercourse.
- Women who are or have been sexually active, or who have reached the age of 18, should have annual Pap tests unless the health care provider recommends having them more often.

Informational Resources on Breast and Cervical Health

- *Prevention and Early Detection of Breast and Cervical Cancer:* www.cancer.org
- *Missouri Department of Health and Senior Services Breast and Cervical Cancer Control Program:* 573-522-2845
- *Cancer Information Service:* 1-800-4-CANCER



Pregnancy

If a woman wants to become pregnant, she should plan ahead for a healthy pregnancy and a healthy baby. Here are some important tips for a healthy pregnancy:

- Talk with your partner, before you get pregnant, about what pregnancy means to each of you.
- Talk with your health-care provider about being as healthy as possible before you get pregnant.
- Both you and your partner should be tested for Sexually Transmitted Diseases (STDs) before you get pregnant.
- Eat a healthy diet, get regular exercise, and get plenty of sleep.
- Before you get pregnant, ask your health care provider to recommend or prescribe a prenatal vitamin with 400 micrograms of folic acid. (Folic acid reduces your baby's risk for certain birth defects of the brain and spinal cord.)
- Keep in mind that all sexually active women of child-bearing age should take folic acid — not just women who are trying to get pregnant.
- Do not smoke or use tobacco in any form during your pregnancy. In fact, do not use tobacco if there is any chance that you may be pregnant or that you might become pregnant. Smoking can contribute to miscarriages, stillbirths, pre-term labor, and premature babies. Smoking also can cause birth defects. Remember that second-hand smoke is harmful, also!
- Do not drink any alcohol while you are pregnant or if there is any possibility you may be pregnant or might become pregnant. Drinking alcohol can cause severe birth defects called Fetal Alcohol Syndrome — the leading cause of mental retardation.
- Do not use any drugs, vitamins, herbal remedies or other medicines (not even over-the-counter medications) without consulting your health care provider. These medications might cause birth defects and other serious problems for your baby.
- Make an appointment to see your health-care provider

as soon as you think you are pregnant, and see your provider regularly throughout your pregnancy.

- Be sure any health-care provider you see for **any** reason knows that you are pregnant.
- For additional information and details about increasing your chances to have a healthy pregnancy and a healthy baby, call the TEL-LINK number below and ask for the “Baby Your Baby” Keepsake book.

Questions to Ask Your Health-Care Provider About Pregnancy

- How long after I miss a menstrual period should I wait before I have a pregnancy test?
- I want to become pregnant. What things should I do to keep myself healthy and have a healthy baby?
- What should I be doing now to prepare to breastfeed my baby?
- I smoke cigarettes and I want to have a healthy baby. Can you help me stop smoking?

Informational Resources on Pregnancy

- 1-800-TEL-LINK (1-800-835-5465)
- *Nutrition Services for Women, Infants, & Children:*
1-800-835-5465 or www.fns.usda.gov/wic/



Breastfeeding (Lactation)

Lactation is the time when a woman's body is producing breast milk for her baby. Breastfeeding your baby exclusively (feeding your baby only your breast milk) shortly after birth has short- and long-term benefits for your health. Breastfeeding lowers your risk for excessive bleeding and anemia after the birth of your baby. Hormones that your body releases when you breastfeed can calm and relax you. In the long term, breastfeeding can help to protect you from breast and ovarian cancers and brittle bones.

Here are some important tips about lactation:

- Most mothers are able to breastfeed their babies.
- It is normal to wonder if you are doing it right. It can be helpful to talk with a lactation specialist and with other mothers who have breastfed successfully.
- While you are breastfeeding, you naturally will feel more hungry and thirsty.
- While you are breastfeeding, continue the healthy habits you began before or during your pregnancy: eat a healthy diet, avoid alcohol, and don't take any medications without checking with your health care provider. And, of course, don't smoke around your baby.



Questions to Ask Your Health-Care Provider About Breastfeeding

- Can you refer me to a lactation consultant?
- What kind of birth control should I use while I am breastfeeding my baby?
- I want to continue to breastfeed. If I need any medications, can you prescribe something that is safe for my baby and me?

Informational Resources on Breastfeeding

Missouri Department of Health and Senior Services, Division of Nutritional Health and Services: 1-888-435-1464

Or www.dhss.state.mo.us/MissouriNutrition

Nutrition Services for Women, Infants, & Children:

1-800-835-5465 or www.fns.usda.gov/wic/

Breastfeeding support and information: www.Breastfeeding.com

Breastfeeding information also is available from La Leche

League International: 1-800-LALECHE or

www.lalecheleague.org



Contraception (Birth Control)

Some women want to limit the number of children they have, or they want to have enough time in between pregnancies so the mother and baby will be as healthy as possible. Others choose not to have children. In all of these cases, there are choices a woman can make. She may decide to avoid sexual intercourse, or she may decide to use contraception (birth control).

A woman should talk with a health-care provider about what kind of birth control is best for her and about the effectiveness of each method. She also should talk with her sexual partner about contraception.

There are several types of birth control:

- Abstinence
- Fertility Awareness Methods or Natural Family Planning
- Male Condoms
- Vaginal Spermicidal Foam
- Vaginal Barriers
(diaphragms, cervical caps, female condoms)
- Oral contraceptives (birth control pills)
- Intra-Uterine Device (IUD)
- Norplant
- Injectable Birth Control (shots)
- Sterilization (permanent method)
- Contraceptive Patch

Questions to Ask Your Health-Care Provider About Contraception

- Can you please help me decide what is the best way for me to avoid pregnancy?
- How effective is each type of birth control at helping me avoid pregnancy?
- How do I use the birth control method I am considering?
- Is there a type of birth control that might reduce my risk of getting a sexually transmitted disease (STD)?

- Even though I am not trying to get pregnant, I have heard I should take 400 micrograms of folic acid each day. Should I do that?
- What is the healthiest spacing for pregnancies? (How far apart or close together should they be?)
- How long should I wait to get pregnant after I stop using birth-control pills or other kinds of contraceptives?

Informational Resources on Contraception

- *Your local health department or family planning clinic. Call TEL-LINK (1-800-835-5465) for help in finding the one nearest you.*
- *Missouri Family Health Council: 1-573-636-4060 or www.mfhc.org*
- *Your own health-care provider*



Infertility

Infertility is the inability to conceive (to get pregnant). A woman under age 35 is considered infertile if she fails to conceive after one year of unprotected sexual intercourse, or after six months in women over age 35. This word also refers to the inability to carry a pregnancy to term. Depending on the cause of infertility, there are a variety of treatments. The first step in seeking treatment is to see a health-care provider. That provider may recommend a medical specialist in infertility for tests to determine the causes. For more information, go to www.inciid.org, the website for the International Council on Infertility Information Dissemination.



Interpersonal Violence During Pregnancy

Sometimes when a woman is pregnant, her partner is not supportive. Some pregnant women's partners become emotionally or physically abusive. Abuse is never acceptable. Violence is especially dangerous to a pregnant woman and her baby. A domestic abuse hotline or a shelter can help you decide what actions you can take to be safe.

Questions to Ask Your Health-Care Provider About Interpersonal Violence During Pregnancy

- My partner hits me, and I am afraid for my safety. Can you help me?

Informational Resources on Interpersonal Violence During Pregnancy

- *National Hotline for Domestic Violence: 1-800-799-SAFE (TTY: 1-800-787-3224)*
- *Missouri Coalition Against Sexual Assault: 1-877-7MOCASA*
- *Missouri Coalition Against Domestic Violence: 1-888-666-1911*

For more information about interpersonal violence, see page 28 of this Handbook.



Sexually Transmitted Diseases (STD's)

The phrase, "STDs" refers to infections and diseases that are passed from person to person during sexual and intimate contact. The best way to avoid STDs is by having no sexual contact or having a relationship with just one uninfected person.

Following is a list of the most common STDs:

Chlamydia

Gonorrhea

Vaginitis

Human Papilloma Virus (HPV)

Genital warts

Herpes

Syphilis

Trichomonas

Some forms of Hepatitis

Human Immunodeficiency Virus (HIV) infection

Acquired Immunodeficiency Disease (AIDS)

Some Effects of STDs: Chlamydia and gonorrhea can cause infertility by spreading throughout the reproductive system. Syphilis and HIV/AIDS can spread throughout the entire body and be passed on to unborn babies through the mother's blood. AIDS causes weakening of the immune system, so the body cannot fight off other diseases and infections. HPV can lead to cervical cancer.

All these diseases can do great harm to the mother, and many can be passed to the baby before birth. Some can infect the baby during birth. Some of these can cause death to the mother and the baby.

Symptoms of STDs: Some women who have an STD never notice any symptoms, and some not until the infection has spread and become more serious. So, it's important for women who are having sexual contact with anyone to pay attention to changes in their bodies. You can get to know your body, and notice changes such as any of these:

- Changes in your urine
- Sores or swellings around your genital area
- Rashes or itching
- Warts
- A vaginal discharge that is different from what is normal for you.
- Painful intercourse

- Bleeding that is not connected with your menstrual period, or menstrual periods that are different from usual.

Discuss any of these changes with your health care provider and ask for STD tests. Most STDs can be cured or at least managed with proper treatment prescribed by a health-care provider.

Other Tips About STDs

- Avoid douching! It is not necessary to douche to be “clean,” and douching can make it easier to get an STD.
- Talk openly with your partner before you have sex.
- Use a condom correctly every time you have sex. Condoms are not 100% effective, but they can help to protect you against catching an STD.
- Get regular checkups. If you are having sex, ask your health-care provider to do blood tests and other kinds of tests for STDs.

Questions to Ask Your Health-Care Provider About STDs

- My best friend says every woman should douche after she has her period. Is this something that I should do?
- What is the proper way to use a condom?
- I have just started to have sexual intercourse. How often should I have a check-up and a Pap test?
- How would I know if I had AIDS?
- I have an unusual vaginal discharge. Please test me for STDs.
- I have a new partner but we have not started to have sex yet. Will you please give both of us blood tests for syphilis and HIV before we become sexually intimate?
- How can I choose not to have sex when all my friends are doing it?

Informational Resources on STDs

- *National AIDS Hotline:* 1-800-342-AIDS or www.cdc.gov/nchstp/od/nchstp.html
- *National STD Hotline:* 1-800-227-8922 or www.cdc.gov/nchstp/od/nchstp.html



Menopause

During a woman's middle years (sometime between 45 and 55 years of age), her ovaries slowly stop making the hormones that prepare the body for pregnancy. This process is menopause, sometimes called “the change,” and it usually takes several years to complete. During this time, a woman's periods become irregular and then stop. When a woman has not had a period for a year, she has reached menopause.

- There is a blood test — the Follicle Stimulating Hormone, or FSH, test — that your health-care provider can do to see where you are in this process.
- Menopause is a natural part of life, and many women are pleased to no longer have periods. Other women are sad that they no longer can become pregnant.
- Some women are bothered by some of the side effects caused by menopausal hormone changes — side effects such as trouble sleeping, frequent changes in mood, or feeling sudden waves of warmth and sweating (“hot flashes”).

Each woman's experience of menopause is unique. Here are a few things to remember about menopause:

- Your health-care provider is your best source of information about menopausal symptoms and relief for them.
- You do not stop being a woman when you reach menopause.
- You still can enjoy sex — in fact, some women are relieved to not have to worry about becoming pregnant, and they find sex more enjoyable!
- Until your health care provider tells you that you cannot become pregnant, you should continue whatever method of birth control you were using.
- Even if you have reached menopause, you still can get STDs, so STD check-ups continue to be important.
- Regular Pap tests for cervical cancer and breast cancer check-ups (mammograms and clinical breast exams)

- continue to be important past menopause. (In fact, they are important for a woman for the rest of her life!)
- Reduced levels of female hormones can increase the risk for certain health problems — most notably, heart disease and osteoporosis (weak or brittle bones from calcium loss).

Questions to Ask Your Health-Care Provider About Menopause

- What are the first signs of menopause?
- Should I be on a hormone-replacement therapy? Why or why not?
- Can you tell me more about the Follicle Stimulating Hormone test? Do I need this test to know if I am experiencing menopause?
- How can I get relief from the symptoms of menopause?
- I have been feeling sad and down. Are these feelings associated with menopause? What should I do?
- My mother has a broken hip because of osteoporosis. How can I avoid having that happen to me? How can I tell if my bones are healthy?

Informational Resources on Menopause

- *Your own health-care provider*
- *Your local public health department or family planning clinic*
- *The National Women's Health Information Center (from the federal Department of Health and Human Services Office on Women's Health) has up-to-date information on the scientific research findings about hormone replacement therapy: 1-800-994-WOMAN (1-800-994-9662) from 9 am to 6 pm EST, or www.4woman.gov*



Oral Health

Taking care of your gums and teeth is an important part of being healthy. Recently, the American Dental Association stated that bacteria in the mouth might be related to heart disease, stroke, diabetes, and babies born too soon and too small. Here are some tips for good oral health:

- Brush at least twice a day with a soft-bristled brush and clean between your teeth once a day with dental floss. This removes decay-causing plaque (a film where bacteria live) and prevents gum disease.
- Brush your tongue to remove bacteria and freshen your mouth.
- Use toothpaste that contains fluoride, a chemical that helps protect your teeth from decay.
- Avoid sugary foods, sweets, and soft drinks to help prevent tooth decay.
- Don't smoke! Tobacco use can cause gum disease and oral cancer, as well as many other health problems.
- See your dentist each year for a thorough dental cleaning and check-up.

Questions to Ask Your Dentist

- What's the best way to brush my teeth?
- What's the best way to floss my teeth?
- I've noticed some changes with my gums. What's wrong with them? What should I do?
- I recently noticed a white patch in my mouth that won't seem to go away. Should I be concerned?

Informational Resources on Oral Health

- *The Missouri Dental Association is a source of information on oral health. Their telephone number is 573-634-3436.*
- *American Dental Association: 1-800-621-8099 or www.ada.org*



Staying Safe

Alcohol: Alcohol, in beer, wine, and liquor changes the way your body and brain work. It can cause confusion, slow down reaction time, blur vision, lower blood pressure to unsafe levels, make people lose control, and cause people to make bad choices. The extra calories in alcohol can have an effect on your weight. Long-term, excessive use of alcohol can be very harmful to your health. Some people choose never to use alcohol. Others use it in moderation. Here are some tips for healthy alcohol use:

- Driving after drinking alcohol can kill you or kill someone else. Don't do it! Do not ride in a vehicle with someone who has been drinking.
- If you do drink alcohol, know that only time can make you sober. For every drink you have, it takes about one hour for the effects of alcohol to wear off. Black coffee, a shower, or fresh air won't sober you up.
- For women who drink alcohol, experts advise limiting alcohol intake to one drink per day. One drink equals one can of beer, one glass of wine, or one shot of hard liquor.
- Choose to drink responsibly by knowing how alcohol affects you. Know how much is too much for you and control your alcohol intake.
- Be aware that something harmful might be put into your drink. At parties and in public places, watch when your drink is poured and do not leave it unattended until you have finished with it.
- A pregnant woman who drinks alcohol hurts her unborn baby. For this short time, do your best for your baby and don't drink alcohol!
- If you drink and would like to stop, it's never too late to stop drinking! No matter when you stop, your health improves.

Questions to Ask Your Health-Care Provider About Using Alcohol

- How much alcohol should I drink? What's healthy for me?
- I want to cut down or stop drinking. Can you help me?
- If I drank before I knew I was pregnant, what might happen to my baby?

Informational Resources on Alcohol

- *Alcohol Treatment Referral*: 1-800-662-HELP
- *Alcoholics Anonymous*: see your local telephone directory
- *Comprehensive Substance Treatment and Rehabilitation (C-STAR) centers*: call TEL-LINK (1-800-835-5465) to find the one nearest you.

Tobacco: More than 4,000 Missouri women die from smoking-related causes each year— more than car crashes, AIDS, illegal drugs, suicides, fires, and homicides combined. More women in Missouri die of lung cancer (1,506 in 1999) than of breast cancer (858 that year). Smoking can increase the risk of heart disease and can contribute to infertility, strokes, and death. Women who are exposed to tobacco smoke also have a greater chance of developing breast cancer and are 50-percent more likely to have a heart attack.

- It's never too late to quit! Within 48 hours after you quit, your body is completely rid of nicotine. Within a few days, your breathing becomes easier and your circulation improves, so you have more energy. After a year of not smoking, your risk of heart disease from smoking-related causes is reduced by half. Fifteen years after stopping smoking, ex-smokers' risk of death is nearly the same as that of people who have never smoked.
- To quit smoking, try these helpful hints:
 - Avoid places where people smoke.

- Get support from family and friends.
- Drink lots of water.
- Get rid of all your cigarettes, ashtrays, etc.
- Find other ways to reduce stress.
- Do not allow people to smoke in your presence, or in your vehicle or home.
- Ask your health care provider about medications or nicotine replacement gums or patches.
- If you are pregnant, stop smoking or chewing tobacco. Tobacco use can cause miscarriage and low-birth-weight babies.
- Smoking is not a solution to controlling your weight. The best way to control weight is by eating right and exercising — not by smoking!
- Avoid being in places where people smoke; second-hand smoke can cause the same negative effects to the body as regular smoking. Don't smoke around your children, and don't let anyone else do it.



Alcohol can hurt your unborn baby!

Questions to Ask Your Health-Care Provider About Using Tobacco

- I want to cut down or stop smoking or chewing tobacco. Can you help me? Will my insurance cover treatment for nicotine addiction?
- I've seen advertisements for low-tar cigarettes. Are these safer than regular cigarettes?
- My friends tell me that clove cigarettes are safe. What do you think?

Informational Resources on Tobacco

- *American Cancer Society:* 1-800-227-2345
- *American Lung Association:* 1-800-586-4872
- *Office of the Surgeon General (consumer materials):*
www.surgeongeneral.gov/tobacco
- *Missouri Department of Health and Senior Services, Bureau of Health Promotion:* 573-522-2820

Interpersonal Violence: Both men and women can be abused and raped. Women are far more likely to experience rape and abuse than men. Interpersonal violence can be physical or emotional. Emotional abuse includes threatening, blaming, and isolating. One-third of violent crimes against women are classified as domestic violence. It is common for women involved in interpersonal violence to blame themselves, but the woman is not the cause. The great majority of rapes and other sexual assaults against women are committed by men the women know, not by strangers. Here are some tips for protecting yourself:

- Interpersonal violence is against the law!
- Do not accept abuse. You do not deserve it and do not have to put up with it.
- If you are raped, contact your local emergency room, your health care provider, your local family planning clinic, or call 911 or your local police. If you call 911 or your local police or sheriff, they are required to do an investigation. It is your choice to have the police or the sheriff involved. Be sure to talk this over with the health-care provider in the emergency room if you go there.

Questions To Ask Your Health-Care Provider About Interpersonal Violence

- My partner has started to hit me when he is angry. What should I do?
- Can you help me find someone to talk with to plan ways my children and I can be safe?

Informational Resources on Interpersonal Violence

- *National Hotline for Domestic Violence: 1-800-799-SAFE (TTY: 1-800-787-3224)*
- *Missouri Coalition Against Sexual Assault: 1-877-7MOCASA*
- *Missouri Coalition Against Domestic Violence: 1-888-666-1911*

Exposure to the Sun and Skin Cancers: Skin cancer is the most common type of cancer in the United States. It is caused by over-exposure to ultraviolet (UV) rays from the sun or tanning beds. People who have fair skin that freckles or burns easily are at greatest risk, but no one is risk-free when it comes to skin cancer. Even on a cloudy day you can get sunburned. Here are some tips for healthy sun exposure:

- Minimize exposure to UV rays by staying out of the midday sun.
- Avoid tanning beds.
- Use a good sunscreen (at least SPF 15).
- Use protective clothing, such as sun hats and long sleeves when outdoors.
- To check for skin cancer, do a monthly skin exam in front of a mirror.

Look for changes in your moles and look for unusual sores, lumps, blemishes, markings, and any changes in the way an area of the skin looks or feels. Use the ABCD Rule. Check for Asymmetry (the spot is not round and symmetrical). Is the Border uneven, scalloped, or notched? What about the Color of the spot-is it uneven or unusual, or has it changed from what it used to be? Is the spot larger in Diameter than a pencil eraser? If you see these or any changes, contact your health-care provider.

Questions To Ask Your Health-Care Provider About Skin Cancer

- How can I prevent skin cancer?
- Will you check me for skin cancer?

Informational Resources on Skin Cancer

- *American Cancer Society:* 1-800-227-2345
- *The Skin Cancer Foundation:* 1-800-227-8922
- *Missouri Department of Health and Senior Services, Bureau of Cancer Control:* 573-522-2845

Traffic Safety: Motor-vehicle crashes are the leading cause of severe injury and injury-related deaths in the United States, as well as in Missouri. In 2000, 43 percent of women who died from unintentional injury died in motor vehicle accidents. Here are some tips for traffic safety:

- Wear your seat belt (lap and shoulder belts) at all times.
- Don't drive after drinking any alcohol, using mood-altering drugs, or taking prescription or over-the-counter medications (they can make you sleepy).
- Prevent accidents by choosing not to drive when sleepy or tired.
- While driving, avoid distractions such as using cell phones or eating, drinking, smoking, tending to children or pets, and so on.
- Carry a first-aid kit, a flashlight, water and a blanket, and a fire extinguisher in your car.
- Do not pick up hitchhikers.
- Roads are slickest immediately after rain starts, so slow down and drive cautiously during this time.
- While bicycle riding can be great healthy exercise, it has its risks, and you must observe some basic safety rules. When riding a bike or skating, make sure to wear a helmet to protect your head and safety gear to protect your body from certain injuries.

Child Traffic Safety. If you ever carry infants, babies, or children in your car, you need to know about safe travel for children. Here are some tips:

- The back seat of the car is safer for children under the age of 12 than the front seat, and any child who rides in a car without appropriate restraints is not riding safely!
- Infants must be in safety seats that are approved and properly installed.
- The safe place and position for infants in safety seats is in the back seat, facing the rear of the car.
- Very young children must be in safety seats, and older children (up to age 7-8) should ride in booster seats with lap and shoulder belts.
- If your car has air bags, that is one more reason to be sure children and infants ride in the back seat: infants and children can be seriously harmed or killed when the front-seat passenger-side air bag deploys.

Informational Resources on Adult and Child Traffic Safety

- *National Highway Safety Administration Auto Safety Hotline:*
1-800-424-9393 or www.nhtsa.dot.gov/
- *Missouri Department of Public Safety, Division of Highway Safety:* 1-800-800-2358



Helping Your Health-Care Provider Care for You

Take some time to write information in the spaces below about your insurance, health-care providers, and your prescriptions. Study the charts of recommended screenings on pages 34-45 of this handbook. When you see your health care provider, take this handbook with you so you can talk with him/her about your questions.

Your Social Security # (optional) _____

Your Medical Insurance History

Insurance Carrier

Insurance Number

Your Past and Present Health Care Providers

Health Care Providers

Phone Number, location

Prescription Medications

Sometimes your health-care provider calls a prescription medication by one name and your pharmacist calls it by another name. It is important for you to write down both names-the brand name and the generic name. Ask your pharmacist to help you with this information.

Each time you get a prescription, ask your health-care provider or pharmacist to tell you about side effects the medication might have or any foods or other medications it should not be taken with.

Pharmacy Name _____

Phone # _____

Pharmacy Name _____

Phone # _____

Pharmacy Name _____

Phone # _____

Prescription Names (Brand name and generic name)	Number	Dosage	How Often?	Side Effects

A Note About Organ Donation - The Gift of Life

Did you know that after your death you can save the lives of others? If you sign up with the state to be an organ donor, you may be able to save the lives of as many as seven people who receive your donated organs. Organs that can be donated include kidneys, liver, lungs, heart, pancreas, and small intestines. Additionally, you can benefit up to 50 people by donating heart valves, blood vessels, skin, eyes, and other organs. When you sign up, be sure to inform your family members of your intentions, and be sure your driver's license indicates your wish to be an organ donor.

To learn how to give the gift of life, call the Organ Donor Program at 1-888-497-4564.

General Screenings and Immunizations Guidelines for Women

Please note: These charts are guidelines only. Your health care provider will personalize the timing of each test and immunization to best meet your health care needs.

Screening Tests	Ages 18-39	Ages 40-49	Ages 50-64	Ages 65+
General Health: Full Check-Up, including weight and height	Discuss with your health care provider	Discuss with your health care provider	Discuss with your health care provider	Discuss with your health care provider
Thyroid test (TSH)	Starting at age 35, then every 5 years	Every 5 years	Every 5 years	Every 5 years
Heart Health: Blood pressure test	Starting at age 21, then once every 1 – 2 years if normal	Every 1 – 2 years	Every 1 – 2 years	Every 1 – 2 years
Cholesterol test	Starting at age 20, then every 5 years	Every 5 years	Every 5 years	Every 5 years
Bone Health: Bone mineral density test		Discuss with your health care provider	Discuss with your health care provider	Discuss with your health care provider
Diabetes: Blood sugar test		Starting at age 45, then every 3 years	Every 3 years	Every 3 years
Breast Health: Breast exam	Yearly by a health care provider; monthly self-breast exam.	Yearly by a health care provider; monthly self-breast exam.	Yearly by a health care provider; monthly self-breast exam.	Yearly by a health care provider; monthly self-breast exam.
Mammogram (x-ray of breast)		Every 1-2 years. Discuss with your health care provider.	Yearly	Yearly
Reproductive Health: Pap test & Pelvic exam	Every 1 – 3 years after 3 consecutive normal tests. Discuss with your health care provider.	Every 1 – 3 years after 3 consecutive normal tests. Discuss with your health care provider.	Every 1 – 3 years after 3 consecutive normal tests. Discuss with your health care provider.	Every 1 – 3 years after 3 consecutive normal tests. Discuss with your health care provider.
Chlamydia test	If sexually active, yearly until age 25	If you are at high risk for chlamydia or other sexually transmitted diseases (STDs) you may need this test. See STD section below.	If you are at high risk for chlamydia or other sexually transmitted diseases (STDs) you may need this test. See STD section below.	If you are at high risk for chlamydia or other sexually transmitted diseases (STDs) you may need this test. See STD section below.
Sexually Transmitted Diseases (STDs) tests	If you have multiple sexual partners; or a partner with multiple sexual partners; or a partner with an STD or sexual contact with STDs; or a personal history of STDs.	If you have multiple sexual partners; or a partner with multiple sexual partners; or a partner with an STD or sexual contact with STDs; or a personal history of STDs.	If you have multiple sexual partners; or a partner with multiple sexual partners; or a partner with an STD or sexual contact with STDs; or a personal history of STDs.	If you have multiple sexual partners; or a partner with multiple sexual partners; or a partner with an STD or sexual contact with STDs; or a personal history of STDs.

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General Screenings and Immunizations Guidelines for Women

Please note: These charts are guidelines only. Your health care provider will personalize the timing of each test and immunization to best meet your health care needs.

Screening Tests	Ages 18-39	Ages 40-49	Ages 50-64	Ages 65+
Colorectal Health: Colonoscopy			Every 5-10 years	Every 5-10 years
Double Contrast Barium Enema (DCBE)			Every 5-10 years (only if not having colonoscopy every 10 years)	Every 5-10 years (only if not having colonoscopy every 10 years)
Flexible Sigmoidoscopy			Every 5 years	Every 5 years
Rectal Exam	Discuss with your health care provider	Discuss with your health care provider	Every 5-10 years at time of each screening (sigmoidoscopy, colonoscopy, or DCBE)	Every 5-10 years at time of each screening (sigmoidoscopy, colonoscopy, or DCBE)
Fecal Occult Blood test			Yearly	Yearly
Eye and Ear Health: Vision exam with eye care provider	Once initially between age 20 and 39	Every 2-4 years	Every 2-4 years	Every 1-2 years
Hearing test (discuss with your health care provider)	Starting at age 18, then every 10 years	Every 10 years	Discuss with your health care provider	Discuss with your health care provider
Skin Health: Mole Exam	Monthly mole self-exam; starting at age 20, by a health care provider every 3 years.	Monthly mole self-exam; by a health care provider every year.	Monthly mole self-exam; by a health care provider every year.	Monthly mole self-exam; by a health care provider every year.
Oral Health: Dental (Oral Exam)	One to two times every year	One to two times every year	One to two times every year	One to two times every year
Mental Health Screening	Discuss with your health care provider	Discuss with your health care provider	Discuss with your health care provider	Discuss with your health care provider
Immunizations				
Influenza vaccine	Discuss with your health care provider	Discuss with your health care provider	Discuss with your health care provider	Recommended yearly
Pneumococcal vaccine				One time only
Tetanus-Diphtheria Booster vaccine	Every 10 years	Every 10 years	Every 10 years	Every 10 years

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Recommended Screenings and Immunizations for Women with High Risk Factors

✓ if it applies	Does your family history include?	Then ask your health care provider if you need the following screenings or tests more often or at a younger age:
	High blood pressure	Blood pressure test
	High cholesterol	Cholesterol test
	Heart disease; premature heart disease or heart attack	Blood pressure test; cholesterol test; exercise stress test
	Diabetes	Blood sugar tests
	Breast cancer	Mammogram; ovarian screening tests
	Cervical, uterine, or vaginal cancer	Pap test; pelvic exam; ovarian screening tests; colon screening
	Ovarian cancer	Pelvic exam; ovarian screening tests; colon screening; clinical breast exam
	Osteoporosis; bone fracture in adulthood	Bone mineral density test
	Thyroid disease or thyroid cancer	Thyroid test (TSH) and/or genetic counseling
	Gum (periodontal) disease	Oral exam
	Hearing problems; deafness	Hearing test
	Vision problems; eye disease; blindness	Vision exam
	Inflammatory bowel disease; colon polyps; colon, ovarian or endometrial cancer	Colonoscopy; sigmoidoscopy; DCBE; rectal exam; fecal occult blood test
	Cancer, heart disease, or any illness at an unusually young age (50 or under)	Genetic counseling, possible early screening tests
	Two relatives with the same kind of cancer	Genetic counseling, possible early screening tests
	Birth defects or genetic disorder (you or your partner)	Genetic counseling, possible early screening tests. If you want to become pregnant, genetic counseling for you and your partner.

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Recommended Screenings and Immunizations for Women with High Risk Factors

✓ if it applies	Are you?	Then ask your health care provider if you need the following screenings or tests more often or at a younger age:
	African American	Blood pressure test; cholesterol test; blood sugar test; vision exam; colonoscopy; genetic counseling for sickle cell anemia
	Hispanic American	Blood pressure test; cholesterol test; blood sugar test; colonoscopy
	Alaska Native/Pacific Islander	blood sugar tests
	American Indian	blood sugar tests
	Ashkenazi Jewish Descent	genetic counseling for Tay-Sachs disease, if you want to become pregnant
	Ashkenazi Jewish with family history of breast or ovarian cancer	genetic counseling for possible BRCA1/2 mutation
	Asian American	blood sugar tests
	Over age 65	Bone mineral density test; flu vaccine; pneumococcal vaccine
	College age	MMR vaccine; varicella vaccine
	Postmenopausal	Bone mineral density test
	Pregnant	Blood pressure test; blood sugar test; urine test; HIV test; STD tests; MMR vaccine
	A non-pregnant woman of childbearing age	MMR vaccine; varicella vaccine
	A smoker	Blood pressure test; cholesterol test; bone mineral density test; oral exam; vision exam
	Overweight	Blood pressure test; blood sugar tests; weight
	Living in prison	Tuberculosis (TB) test; HIV test; STD tests
	Living in long-term care	TB test; influenza vaccine; pneumococcal vaccine
	A health care worker	TB test; influenza vaccine; pneumococcal vaccine; MMR vaccine; varicella vaccine
	A health care worker exposed to blood	HIV test; Hepatitis screening; Hepatitis A, B vaccines

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Recommended Screenings and Immunizations for Women with High Risk Factors

✓ if it applies	Do you have or have you had?	Then ask your health care provider if you need the following screenings or tests more often or at a younger age:
	High blood pressure	Blood pressure test; cholesterol test; blood sugar test
	High cholesterol	Blood pressure test; cholesterol test; blood sugar test
	Heart disease	Blood pressure test; cholesterol test; blood sugar test; influenza vaccine; pneumococcal vaccine
	Diabetes	Blood pressure test; cholesterol test; blood sugar test; vision exam; urine test
	Gestational diabetes (diabetes during pregnancy)	Blood sugar test
	A baby weighing more than 9 lbs.	Blood sugar test
	Breast cancer	Mammogram; ovarian screening
	Dense breasts	Mammogram; clinical breast exam
	Cervical, uterine, vaginal cancer	Pap test; pelvic exam; ovarian screening tests; colon screening
	Ovarian cancer	Pelvic exam; ovarian screening tests; mammogram; colon screening
	Previous abnormal Pap tests	Pap test; pelvic exam
	Early menopause (natural or surgically induced); absent or infrequent menstrual periods; advanced age; a personal history of bone fracture in adulthood; lifelong low calcium intake; lifelong inactive lifestyle, or little physical activity; low body weight or a history of an eating disorder such as anorexia nervosa	Bone mineral density test
	An autoimmune disease (including lupus, rheumatoid arthritis, scleroderma, multiple sclerosis, psoriasis)	Thyroid test (TSH); TB test; influenza vaccine; MMR vaccine; pneumococcal vaccine; autoimmune screening test

* Continued on next page *

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Recommended Screenings and Immunizations for Women with High Risk Factors

✓ if it applies	Do you have or have you had?	Then ask your health care provider if you need the following screenings or tests more often or at a younger age:
	Chronic lung disease	Influenza vaccine; pneumococcal vaccine
	Chronic liver disease	Hepatitis A vaccine
	Thyroid disease	Thyroid test (TSH); influenza vaccine; pneumococcal vaccine
	Gum (periodontal) disease	Oral exam
	Colon polyps; Inflammatory bowel disease	Colonoscopy
	A developmental delay	Vision exam; hearing test
	Eye injury or disease	Vision exam
	Ear injury or prolonged exposure to loud noise	Hearing test
	HIV/AIDS	Oral exam; vision exam; Pap test; pelvic exam; TB test; thyroid test (TSH); STD tests; influenza vaccine; pneumococcal vaccine; Hepatitis screening; Hepatitis A, B vaccines
	A blood transfusion from 1978-85	HIV test; Hepatitis screening
	Multiple sex partners (or a partner with the same)	STD tests; HIV test; Hepatitis B test; Pap test; pelvic exam
	Alcoholism	pneumococcal vaccine; TB test; psychological screening
	Intravenous (IV) drug use or addiction	Hepatitis screening; Hepatitis A, B vaccines; TB test; STD tests; HIV test; psychological screening
	A sexually transmitted disease (STD)	STD tests; HIV test; Pap test; pelvic exam
	Lived or worked with someone exposed to Tuberculosis (TB)	TB test
	A serious injury (cut or laceration)	Tetanus-Diphtheria booster vaccine
	A baby recently (within the last few weeks or months)	Post-partum depression screening

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Missouri Department of Health
and Senior Services
Office on Women's Health
912 Wildwood Drive
P.O. Box 570
Jefferson City, MO 65102-0570
(573) 526-0445

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Hearing impaired citizens telephone 1-800-735-2966.

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